

Grilled Salmon with Elote-Style Veggies

Perfectly grilled salmon meets a street food favorite in this veggie-packed nutrition powerhouse of a meal.

🕒 Prep: 15 mins. Cook: 20 mins. Total: 35 mins.

👤 Servings: Serves 4

1x	2x	3x
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INGREDIENTS

- 4 salmon fillets (1-1 ¼ lbs.), preferably Bristol Bay Sockeye Salmon
- ¼ teaspoon fine salt
- Pinch of black pepper
- 1 tablespoon + 1 teaspoon avocado oil or olive oil, divided
- 4 small (or 2 large) ears of corn, husks removed
- 4 small zucchini, end removed and cut lengthwise into 'planks'
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon fine salt
- ½ teaspoon black pepper
- 3 ounces cotija cheese, crumbled (may substitute feta or omit for dairy-free)
- Juice + zest of 1 medium lime
- 1 cup fresh cilantro, chopped
- Salt and Pepper, to taste
- Optional for Serving: Sliced avocados and lime wedges

INSTRUCTIONS

1. Preheat the grill to medium-high heat (375-400°F)
2. Brush the salmon fillets with 1 teaspoon oil and sprinkle with salt and pepper. Set aside.
3. Brush the corn and sliced zucchini with the remaining 1 tablespoon oil then sprinkle with salt, pepper, cumin and chili powder.
4. When the grill is hot, place the corn and zucchini over the hottest part of the grill and cook for 5-6 minutes or until zucchini is grilled marked and the corn is lightly charred. Rotate the corn and flip the zucchini, cooking another 5-6 minutes or until corn is tender.
5. Add the salmon fillets to the grill skin-side down and cook for 10-12 minutes or until flesh is no longer opaque and it flakes easily with a fork.
6. When vegetables are tender and lightly charred, remove them to a plate (they may be done before the salmon is done depending on where they are on the grill).
7. Cut corn kernels from the cob and dice grilled zucchini into ¼-inch cubes. Place in a bowl, toss with lime juice and zest, cotija cheese, and fresh cilantro. Taste and adjust seasonings as needed (salt, pepper, chili powder).

8. Serve vegetables over salmon with lime wedges.

NUTRITION INFORMATION

Serving Size: ¼ recipe (without avocado) **Calories:** 463 **Fat:** 25g (**Sat Fat:** 6g)
Sodium: 512mg **Carbohydrate:** 18g (**Fiber:** 4g **Sugar:** 4g) **Protein:** 44g

DIETARY

Egg-Free Gluten-free Grain-Free High Protein Nut-free

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